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Clue

Student Athletes vs. Non-athletes

**Problem**

College is looked at in a different perspective by every student. Some students may see playing sports in college as taking away time that is needed for school work and others can see it as beneficial to the college experience. It all matters how deep into the topic a person looks because on the outside sports can be seen as just taking away time because of practices and games but in reality there is also mandatory study halls and coaches that make sure you stay on top of your grades. Also In some cases athletes build up a lot of stress and are not able to get rid of their stress in productive ways so they go about it by drinking with friends and teammates to help make them feel better. Being an athlete is time consuming but in the end is more beneficial in terms of academics because there are always people down your back making sure you get your work done and that you are keeping up your grades.

**Background**

In the first article that I found it stated the styles of confronting stress in Athletes and non-athletes. I learned that even though athletes have more to do in a day they are more effective in lowering stress. “It seems that athletes and physical activities are effective in lowering stress (Hormati Page 451). The Researchers were able to find this information by giving 80 boys and 50 girl athletes and non-athletes a questionnaire. The fact that Athletes are better able to manage their time and stress better than non-athletes may suggest that they are able to manage more demanding schedules. The second article I found showed a research study that went along with the stamen t that athletes drink more to help get rid of stress than non-athletes. “Male student athletes reported a significantly higher average number of heavy drinking episodes over the past year and during high school compared with male students”.(Yusko November 08) . The physical activity helps the athlete get rid of some stress while helping them cope with it as well.

**Findings**

In my own investigation on the subject I interviewed an athlete and a non-athlete. The data that I found was interesting there were some that seemed accurate and others that shocked me. When asked if it was hard to play a sport and stay focused on school work the athlete responded with “Yes, very hard, but time management is key to be successful with balancing both” This interviewees answer suggest that athletes are able to manage stress better by being more disciplined and focused on what needs to be done. Another question that was asked was do you have enough time in your day to get all you need done? Response ‘Yes, I always find time to get everything done. Stressful at times, but everything gets done.” The data that shocked me was when the non-athlete was asked is there enough time in the day to get all your school work done he responded with “There is never enough time in the day to get my work done.” This was shocking to me because surprisingly athletes with busier schedules seem to be better able to manage their time than non-athletes. This may be because as an athlete there is a lot of pressure on you with staying up with grades so that you are eligible to play and the only way to do that is to be disciplined and know how to manage your time in each day. It would be the other way around and that the athlete would have less time and not be able to get all his school work done rather that the non-athlete.

**Conclusion**

Based off of all the information I found on this topic I learned that student athletes are able to deal with stress in a better way. Athletes are also better at managing their busy schedules and the stress that is associated with it through physical activity. This confirms what other researchers have found that physical activity helps lower stress. For future reference Physical activity by non-athletes would help to reduce some of their unneeded stress. Being active and keeping your mind off of things helps reduce and remove stress in people’s lives greatly.

Works Cited

Yusko, David A., PsyD. "Alcohol, Tobacco, Illicit Drugs, and Performance Enhancers: A Comparision Of Use by College Student Athletes and Nonathletes." Journal Of American Health 3rd ser. 57 (2008): 281-89. Web. 30 Sept. 2013.

Hormati, Yashar. "Comparing the Styles of Confronting Stress in the Athlete and Nonathlete." Scholars Research Library (2012): 451-54. Web. 30 Sept. 2013. <www.scholarsresearchlibrary.com>.